

BREAKFAST

AVAILABLE UNTIL 13:00

fresco
marina sotogrande

'SOTOGRADE'

Choice of coffee or tea, fresh orange juice, white roll with olive oil, ham and tomato



10

'FRENCH'

Choice of coffee or tea, glass of cava, croissant and eggs benedict with salmon or bacon



22

TOASTED WHITE ROLL WITH OLIVE OIL AND TOMATO



4

TOASTED "MOLLETE" BREAD WITH HAM AND TOMATO



6

SLICED BROWN TOAST FROM CASARES WITH AVOCADO



8

TOASTED SEEDED BAGUETTE

With avocado, smoked salmon and poached egg



12

CHURROS SERVED WITH CHOCOLATE SAUCE



6

MEXICAN EGGS

Two fried eggs served with corn tortillas and black beans



12

EGGS BENEDICT

Choice of bacon or smoked salmon on toasted muffins with hollandaise sauce



12

ENGLISH BREAKFAST

Egg, bacon, sausage, baked beans, mushrooms, hash brown and white toast



12

VEGETARIAN ENGLISH BREAKFAST

Egg, two vegetarian sausages, baked beans, mushrooms, hash brown and white toast



12

PANCAKES WITH A CHOICE OF TOPPINGS

Red fruits, cream, nutella, maple syrup



9

GRANOLA AND GREEK YOGURT

With nut butter and sprinkled with dried fruits and seeds



9

TURKISH EGGS

Eggs with yogurt, garlic, lemon and a spiced oil served with a white roll



10

SHAKSHUKA

Poached eggs simmered in a tomato sauce with arabian spices, vegetables and coriander served with a white roll



12

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CHÍA PUDDING

Chía soaked in milk, honey with yogurt, granola and peanut butter



FRENCH TOAST

Brioche bread soaked in milk, fried and served with fruits and vanilla ice cream



RYE AND PLUM TOAST

Rye toast topped with cream cheese, sliced plum, walnuts and fresh spinach



SCRAMBLED EGGS WITH CHEESE

Scrambled eggs with cheese, lamb's lettuce and a pear and ginger chutney



SLICED BROWN BREAD FROM CASARES WITH BURRATA AND TOMATO

Toasted bread topped with burrata, cherry tomatoes rocket and a pesto sauce



6

MUSHROOM AND FETA OMELETTE 10

Accompanied by a yogurt sauce and toast



12

TOASTED WHITE BREAD WITH GOATS CHEESE 8

With seasonal fruit marmalade and raisins



8

FRUIT SALAD AND YOGURT 12

Seasonal mixed fruit served with Greek yogurt



8

ACAÍ BOWL 10

Acaí served with banana, granola, nut butter and red fruits



10

CROISSANT 3.5

Croissant with butter and homemade marmalade



MUFFIN 3.5

Chocolate or raspberry



CAKE 8

Please ask your waiter for the daily choice

WATER - JUICE - TEA - COFFEE - SMOOTHIES

STILL WATER 3 SPARKLING 3.5

SELECTION OF TEAS 2.5

English Breakfast, Earl Grey, Black Tea, Rooibos, Mint Tea, Green Tea, Red Tea, Tyla, Camomile

FRESHLY SQUEEZED 5 ORANGE JUICE

FRESH SMOOTHIES 8

SHORT MILK COFFEE 2.5

MILK COFFEE 3.5

ESPRESSO SINGLE 2.5

ESPRESSO DOUBLE 3

AMERICANO 3

CAPPUCCINO 3.5

COLACAO 3.5

LATTE 3.5

Prices in EUROS (€) iva included 10%

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Gluten/Wheat

Egg

Peanut

Soya

Milk

Nuts

Fish

Molluscs

Mustard

Sesame

Lupins

Celery

SO² Sulphates

Crustacean

MENU

SHARING PLATES - STARTERS

SPICY TUNA TARTARE 24

Tuna tartare accompanied by crispy sushi rice

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PRAWN PIL PIL 17

Prawns served in traditional garlic and chilli oil

🦐 **SO²**

CROQUETTES (6 per portion) 11

Choice of prawn, cheese, oxtail

🐟 🌿 🍷 🍷 🌱 🍷 **SO²**

MEAT TACOS (4 per portion) 16

Braised veal cheek with a touch of habanero sauce

SO²

VEGETARIAN TACOS (4 per portion) 16

Refried beans, cauliflower and chipotle

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PRAWN TACOS 'DEVILLED' 18

(4 per portion)

Spicy prawns served with cream and coriander

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VEGETABLE SAMOSAS 11

(6 per portion) Crispy pastry parcels filled with curried vegetables

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PROVOLONE CHEESE 16

Provolone cheese with cherry tomato, sweet garlic and oregano. Served with a garlic toast

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MEAT SAMOSAS (6 per portion) 11

Crispy pastry parcels filled with Arabian spiced beef

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TUNA TATAKI 28

Served with avocado and a pine nut sauce

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GYOZAS - DUCK OR PRAWN 15

(6 per portion)

Gyozas filled with duck or prawns glazed in a Japanese sauce

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SPINACH DIP 18

American style melted cheese and spinach dip served with tortilla chips

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IBERIAN HAM (half/full portion) 17/26

Iberian ham from Guijuelo served with bread and tomato

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CHEESE BOARD (half/full portion) 15/24

Selection of cheeses from around the world

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TUNA CARPACCIO 32

Thinly sliced smoked tuna accompanied by bread from Casares

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SOUPS AND SALADS

SEAFOOD SOUP 17

Shrimp and langostines with a subtle coconut flavour



VEGETARIAN BUDDHA BOWL 16

OPTION TO ADD

TUNA OR SALMON 24

Buddha bowl with a daily selection of plant and grain based foods



CHICKEN CEASAR SALAD 16

PRAWN CEASAR SALAD 18

Choice of chicken or prawn with anchovies, croutons, parmesan, bacon and cherry tomatoes



GRILLED AVOCADO 18

Suitable for sharing

With feta cheese, diced vegetables and a Japanese sauce



CREAM OF COURGETTE SOUP 12

Courgette soup with basil and feta cheese



CAPRESE SALAD 18

Seasonal tomatoes and burrata cheese with pesto salsa (suitable for sharing)



PASTA AND RICE

MUSHROOM LASAGNE 18

Lasagne layered with seasonal mushrooms, napoletana sauce and burrata



PENNE ARRABIATA 16

Penne pasta with arrabiata sauce



PENNE PESTO 16

Penne pasta with pesto sauce made with pine nuts, basil and a touch of cream



MEAT LASAGNE 18

Fresh lasagne with a bolognese sauce and burrata cheese



MUSHROOM RISOTTO 25

Carnaroli rice seasoned mushrooms and cheese



PRAWN RISOTTO 32

Carnaroli rice with courgette and red prawns



SPINACH RISOTTO 22

Carnaroli rice with spinach, butter and Parmesan cheese



TRUFFLE PASTA 25

Tagliatelle pasta with truffle cream, shimeji mushrooms and flaked almonds



PAELLA

MIN. 2 PAX - 30 MINUTES

SEAFOOD 30 p.p. **SO²**

MEAT 24 p.p. **SO²**

VEGETABLE 20 p.p. **SO²**

LOBSTER 34 p.p. **SO²**



FISH

SOLE WITH A CAPER SAUCE 34

From the Algeciras market with grilled vegetables

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SALMON 25

Grilled over charcoal stones with mashed sweet potatoes and tenderstem broccoli

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GRILLED TIGER PRAWNS 30

Served in garlic and parsley butter

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SEA BASS FILLET 34

In 'Roteña' sauce (tomato based sauce, white wine and fish stock) with peas and potatoes

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FISH AND CHIPS 20

Battered cod served with chips, mashed peas and a tartare sauce

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SCALLOPS 24

Scallops with Shichimi togarashi seasoning. Lightly spiced

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SEAFOOD PLATTER ON REQUEST

(availability and price according to the market)

MEAT

BEEF FILLET 34

Beef served with mashed potato and vegetables

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GLAZED LEG OF SUCKLING LAMB 34

Prepared at low temperature and glazed with our homemade gravy and served with baked potato

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ENTRECOT 32

Served with vegetables and baked potato

LEMON CHICKEN 18

Chinese style chicken, breaded and glazed with a lemon sauce served on a bed of rice and tenderstem broccoli

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LIVER AND BACON 18

Grilled liver served on a bed of mashed potato with crispy bacon, caramelised onions and gravy

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FRESCO BURGER 20

Angus premium beef on a brioche bun with tomato, lettuce and cheese, served with chips

ADDITIONAL TOPPINGS: 1 EURO EACH

Fried egg, bacon, caramelized onions

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VEGETARIAN BURGER 18

Vegetarian burger on a brioche bun with tomato, lettuce and cheese, served with chips

ADDITIONAL TOPPINGS: 1 EURO EACH

Fried egg, caramelized onions

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PORK RIBS 24

Rack of pork ribs in a BBQ sauce served with potato wedges

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CHICKEN CURRY 20

Delicately spiced chicken curry served with sautéed rice, baby fennel and flat bread

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LAMB CHOPS 35

Grilled lamb chops with red pepper, sweet and sour sauce, served with Greek salad and fries

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ACCOMPANIMENTS

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| HOUSE SALAD  | 7 |
| TENDERSTEM BROCCOLI WITH ALMONDS  | 7 |
| BAKED POTATO  | 7 |
| FRENCH FRIES | 7 |
| WHITE RICE | 7 |
| GRILLED VEGETABLES | 7 |
| STEAMED SEASONAL GARDEN VEGETABLES | 7 |

SAUCES

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|--|----------|
| PEPPER Pepper, cream and meat stock  S0² | 4 |
| MUSHROOM Variety of mushrooms and cream  S0² | 4 |
| CHIMICHURRI Typical Argentinian sauce, herbs, garlic, oil and chilli flakes  S0² | 4 |

DESSERTS

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|---|----------|--|----------|
| CHOCOLATE INGOT Chocolate mousse with almond sponge cake covered in chocolate  | 9 | AFFOGATO Espresso coffee, vanilla ice cream, liquor of your choice and biscotti (Baileys, Amaretto or Tia Maria)  | 9 |
| RED FRUIT PAVLOVA Meringue with coulis, red fruits and cream  S0² | 9 | APPLE STRUDEL Apple strudel with nuts, cinnamon and vanilla ice cream | 9 |
| TIRAMISU Deconstructed Italian tiramisu with white coffee ice cream  | 9 | CHEESE CAKE Dulce de leche cheesecake with red fruits  | 8 |
| FRESHLY BAKED CAKE Ask the waiter | 8 | | |

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3.00 euro cover charge per person

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 Gluten/Wheat

 Egg

 Peanut

 Soya

 Milk


 Nuts

 Fish

 Molluscs

 Mustard

 Sesame

 Lupins

 Celery

S0² Sulphates

 Crustacean

CHILDREN

fresco
marina sotogrande

| | | | |
|---|----|--|----|
| MIXED SALAD SO ² | 7 | MINI PORK KEBAB AND CHIPS | 10 |
| CHICKEN SOUP WITH PASTA   | 10 | GRILLED CHICKEN BREAST AND CHIPS | 10 |
| NAPOLETANA PASTA    | 10 | FISH FINGERS AND CHIPS    | 12 |
| MACARONI CHEESE    | 10 | CHOCOLATE BROWNIE WITH ICE-CREAM    | 8 |
| CHICKEN NUGGETS AND CHIPS    | 10 | ICE CREAM (ONE SCOOP)  | 5 |
| MINI BURGERS (2) AND CHIPS   SO ² | 10 | FRUIT SALAD WITH YOGHURT  | 8 |

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|--|---|--|--|--|--|--|
|  Gluten/Wheat |  Egg |  Peanut |  Soya |  Milk |  Nuts |  Fish |
|  Molluscs |  Mustard |  Sesame |  Lupins |  Celery | SO ² Sulphates |  Crustacean |